

**Guide to Town Senior  
Services**

**Senior Activities Center**

Wendy Petty  
Director

Pam Wilson  
Program Coordinator  
**203- 222-2608**

**Social Services**

Charlene Chiang-Hillman  
Director

Suzanne Friedman  
Administrative Asst.

**203-222-2663**

**Town Hall**

Tom Landry  
Town Administrator  
Judy Devito  
Selectman's Secretary  
**203-222-2656**

**Dial-A-Ride**

Gordon Green  
(24 Hr Notice Required)  
**203-222-2576**

**Drop-In Activities**

Monday

Knitting/Crafts 10-12  
Dance Class 11:00(N)  
Pickleball 1pm

Tuesday

Beads 10-12  
Tai Chi 9:30  
Strength & Fitness 11-12 (N)  
Poker 12:00 -2

Wednesday

Yoga 10-11  
Lunch @ Norfield Church

Thursday

Tai Chi 9:15  
Wii Bowling 10-11:30  
Strength & Fitness 11-12 (N)  
Movies 12:00—2

Friday

Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at  
Norfield at 12 noon**

- (N=Norfield Church)  
**Center Hours: M, T, & Th**

**WESTON SENIOR  
ACTIVITIES CENTER**

September/October 2013



Hello everyone,

Summer has come to an end and, while we are sad to say goodbye, we are looking forward to a beautiful and fun filled autumn.

We are working like busy bees planning for our second annual Alden Sherman Classic Car Show. It is a very big event and there are lots of details to pull together to make it spectacular. We have planned the day in honor of Alden Sherman and YOU the Weston seniors. Last year, we raised over \$26,000 for the Friends of the Weston Senior Center. We will use these funds for increased trips, educational lectures, parties, and improvements to the senior center.

We would like to make this year's show even more successful. Can you help us? We are currently taking monetary donations for themed gift baskets which will be sold in our silent auction. We are also looking for gift certificates from your favorite stores and restaurants, and lastly we need volunteers to work at the entry gates. The event is free but we hope you will be able to contribute a donation of any size. Most importantly, we hope you can come and enjoy the show on Sunday, September 22<sup>nd</sup> from 10am-3pm.

We had expected to pick a new name and logo for the senior center for this issue; however, we need more time. As you may know, there has been a lot of talk about moving the Senior Center to Emmanuel Church on Lyons Plain Road. We want to let you know that the Town is still considering our options and we are in discussions with Emmanuel at this time. We welcome public opinion, feel free to give us or Gayle a call.

Come and spend your Autumn with us!

Wendy and Pam

### **New Painting Class with Keith Brooks**

**"Art with Friends"**  
8 Classes—\$40.00



1:00-3:00pm at the Weston Senior Center

A fun drawing and painting class for beginners and advanced students.

A chance to make art together in a congenial environment. Any medium is okay: graphite, charcoal, watercolor, oil or acrylic.

**Call for more details and to sign up!**

### **Tai Chi is back Beginner and Intermediate**



Tai Chi is great for better balance and strength, as well as overall well being.

Try a class on us! You will love it!

Tuesdays at 9:30am and Thursdays at 9:15am at the Senior Center.



### **Lunch with Brain Teasers and Games**

*Sponsored by Wilton Meadows*

**September 19th, October 3rd 11:30-1:00pm**

Weston Senior Center

This is a free event.

Wilton Meadows is treating us to an afternoon of brain games and twisters.

We will have lunch first and then be treated to some fun brain games.

**Please RSVP by 9/16 and 9/30—sign up required.**



***Mondays at 1pm  
Come to the Senior Center  
Join the fun and play Pickleball***

Pickle ball is a racquet sport which combines elements of badminton, tennis and table tennis. It will be played in our gym. The net is similar to a tennis net, but mounted 2 inches lower and played with a hard paddle and a polymer smaller version of a whiffle ball.

The speed is one third the average speed of a tennis ball, and the court is one third the total area of a tennis court. This smaller area and slower moving ball makes Pickleball much easier to play.

### **Exercise Classes!**

#### **Dance to the Music with Sandy**

Mondays @ 11:00 am (55+ welcome)

\$3/class drop in (Norfield Parish Hall)

#### **Pickleball**

Mondays @ 1pm at the Senior Center—drop in (free)

#### **Strength & Fitness with Sandy**

Tuesdays & Thursdays @ 11 am

\$3/class drop in (Norfield Parish Hall)

#### **Tai Chi for Better Balance with Bill Wren**

Thursday's 9:15am—sign up required. (Senior Center)

#### **Tai Chi with Mari Lewis**

Tuesday's 9:30am—sign up required. (Senior Center)

#### **Wii Bowling with Anne**

Thursdays @ 10 am

Free (Senior Center)

#### **Yoga with Melanie**

Fridays @ 9 am

\$3/class—drop in (Norfield Chapel)

#### **Gentle Yoga with Joy**

Wednesdays @ 10 am

\$3/class—drop in (Hurlbutt South House Gym)

#### **Tennis with Glen Englander**

Call the Senior Center to sign up.

### ***Celebrate Me Home***

Join us at the Senior Center for a unique presentation on honoring a loved one's life's legacy after they are gone. Celebrate Me Home offers all services in helping a family after the loss of a loved one.

**Thursday, September 26th at 11am  
At the Weston Senior Center.**

### ***Bicycle and Pedestrian Committee Autumn Foliage Walk***

**Guided Hikes/Walks:** The first guided walk will be an Autumn Foliage Walk through the Bisceglie Trails with both an easy and moderate difficulty level. The date chosen is Tuesday, October 22<sup>nd</sup> at 9 a.m. followed by coffee at the Cobbs Mill Café.



### ***Photography Show***

At the Weston Senior Center During the month of September. Local photographer, Vonnie Spies, will display some of her amazing photographs from around the world! <sup>2</sup>

Stop by and enjoy the show.

**Movies 12:00pm on Thursdays.  
Free with popcorn  
Sign Up Required, Space Is Limited  
(203) 222-2608**



**September 12th: Jane Eyre (2011 version)** – PG-13: In the story, Jane Eyre (Mia Wasikowska) flees Thornfield House, where she works as a governess for wealthy Edward Rochester (Michael Fassbender).

**September 26th: 42** – (rescheduled from last month) PG-13: The story of Jackie Robinson, the legendary baseball player who broke Major League Baseball's color barrier when he joined the roster of the Brooklyn Dodgers.

**October 10th: Love and Honor** – PG-13: When Dalton, a young soldier in Vietnam, gets dumped by his hometown girlfriend Jane, he and his best friend Mickey decides to go AWOL and return to the States to win her back.

**October 17th: Rear Window (1954)** —PG: A wheelchair bound photographer spies on his neighbors from his apartment window and becomes convinced one of them has committed murder.

**October 24th: Epic** – PG: (Animated film) Tells the story of an ongoing battle deep in the forest between the forces of good and the forces of evil. When a teenage girl (named Mary Katherine) finds herself magically transported into this secret universe, she must band together with a rag-tag team of fun and whimsical characters (the 'Leaf Men') in order to save their world (and ours) from the evil spider Queen Tara.

**October 31st:** : The Great Gatsby – PG-13: The Great Gatsby follows would-be writer Nick Carraway as he leaves the Midwest and comes to New York City in the spring of 1922, an era of loosening morals, glittering jazz and bootleg kings. Chasing his own American Dream, Nick lands next door to a mysterious, party-giving millionaire, Jay Gatsby, and across the bay from his cousin, Daisy, and her philandering, blue-blooded husband, Tom Buchanan.

## ***Protecting Your Money From SCAMS***

**Join us before our Luncheon**

**Wednesday, September 25<sup>th</sup>, 2013  
10:00 – 11:00 a.m.  
RSVP to Senior Center (203) 222-2608**

**Norfield Parish Hall, 64 Norfield Road,  
Weston**

### **Featured Speaker:**

**Don McGran, Jr., Security Advisor,  
Fairfield County Bank**

### **Topics include:**

\* Bank fraud \* Check-washing \* Check-writing schemes \* Local mail, phone and computer scams "Look alike" charities \* Falling for get-rich schemes \*

***"They are Academy award winning scam artists. It's easy to be fooled, so learn their tricks."***

### **Sponsored by:**



## ***Summer Photos...***







# September 2013



Mon

Tue

Wed

Thu

Fri

<div>2</div> <p><i>Labor Day</i></p> <p><i>Senior Center Closed</i></p>	<div>3</div> <p>9:30am Tai Chi 10am Beading 11am Strength &amp; Fitness 12 Poker w/Stella</p>	<div>4</div> <p>10am Yoga 12 Lunch-Norfield hosted by Norfield Entertainment: Chris Coogan</p>	<div>5</div> <p><i>Rosh Hashanah</i></p> <p><i>Senior Center Closed</i></p>	<div>6</div> <p>9am Yoga (N)</p>
<div>9</div> <p>10am Knitting, 11am Dancing 11am Medicare 11am Current Events 1:00pm Art with Friends 1:00pm Pickleball</p>	<div>10</div> <p>9:30am Tai Chi 10am Beading 11am Strength &amp; Fitness 12 Poker w/Richard</p>	<div>11</div> <p>10am Yoga 12 Lunch at Norfield Hosted by St. Francis Entertainment by: Ron Spataro</p>	<div>12</div> <p>9:15am Tai Chi 10am Wii Bowling 11 Strength &amp; Fitness 12pm Movie <i>Jane Eyre</i></p>	<div>13</div> <p>9am Yoga (N)</p>
<div>16</div> <p>10am Knitting, 11am Dancing 1:00pm Art with Friends 1:00pm Pickleball</p>	<div>17</div> <p>9:30am Tai Chi 10am Beading w/Carla 11am Strength &amp; Fitness 12 Poker w/Stella</p>	<div>18</div> <p>10am Yoga 12 Lunch at Norfield Hosted by Emmanuel Entertainment by: Billy Michael</p>	<div>19</div> <p>9:15am Tai Chi 11 Strength &amp; Fitness 11:30 Brain Games/ Lunch <i>No Movie Today</i></p>	<div>20</div> <p>9am Yoga (N)</p> <p><b>Car Show Sunday Come to the High School on Sunday!!</b></p>
<div>23</div> <p>10am Knitting, 11am Dancing 11am Medicare 1:00pm Art with Friends 1:00pm Pickleball</p>	<div>24</div> <p>9:30am Tai Chi 10am Beading on own 10:30am Michael's Shopping Trip/Lunch 11 Strength &amp; Fitness 12 Poker w/Richard</p>	<div>25</div> <p>10am Yoga 10am Scam Seminar 12 Lunch at Norfield Hosted by Weston Newcomers and Neighbors Entertainment by: Bob Mel</p>	<div>26</div> <p>9:15am Tai Chi 10am Wii Bowling 11am Celebrate me Home 11 Strength &amp; Fitness 12pm Movie 42</p>	<div>27</div> <p>9am Yoga (N)</p>
<div>30</div> <p>10am Knitting, 11am Dancing 1:00pm Art with Friends 1:00pm Pickleball</p>				



# October 2013

**Mon****Tue****Wed****Thu****Fri**

	1 9:30am Tai Chi 10am Beading 11 Strength & Fitness (N) 12 Poker W/Stella	2 10am Yoga 12pm Lunch at Norfield Hosted by Norfield Entertainment: Bingo	3 9:15am Tai Chi 10am Wii Bowling 11amStrength & Fitness 11:30 Brain Games/Lunch <i>No Movie Today</i>	4 9am Yoga (N)
7 .10am Knitting 11am Dancing (N) 11am Current Events 1pm Art with Friends 1pm Pickleball	8 9:30am Tai Chi 10am Beading with Carla 11 Strength & Fitness (N) 12 Poker W/Richard	9 10am Yoga 12pm Lunch at Norfield Hosted by St. Francis Entertainment by: <i>Steve Kazlauskas</i>	10 9:15am Tai Chi 10am Wii Bowling 11amStrength & Fitness 12pm Movie <i>Love and Honor</i>	11 9am Yoga (N)
14 10am Knitting 11am Dancing (N) 1pm Art with Friends 1pm Pickleball	15 9:30am Tai Chi 10a Beading – your own 11a Strength& Fitness (N) 12 Poker w/Stella	16 10am Yoga 12pm Lunch at Norfield Hosted by Emmanuel Entertainment by: <i>Chris Merwin and his Caribbean Show</i>	17 9:15am Tai Chi 9:30am Kent Trip/Lunch 10am Wii Bowling 11amStrength & Fitness 12pm Movie <i>Rear Window</i>	18 9am Yoga (N)
21 10am Knitting 11am Dancing (N) 11am Medicare 1pm Art with Friends 1pm Pickleball	22 9:30am Tai Chi 10a Beading – w/Carla 11a Strength& Fitness 12 Poker w/Richard	23 10am Yoga 12pm Lunch at Norfield Hosted by Newcomers and Neighbors Entertainment by: <i>Conroy Warren</i>	24 9:15am Tai Chi 10am Wii Bowling 11amStrength & Fitness 12pm Movie <i>Epic</i>	25 9am Yoga (N)
28 10am Knitting 11am Dancing (N) 11am Medicare 1pm Art with Friends 1pm Pickleball	29 9am Fall Foliage Walk 9:30am Tai Chi 10a Beading – your own 11a Strength& Fitness 12 Poker w/Richard	30 10am Yoga 12pm Lunch at Norfield Hosted by Weston Women's League <b>Halloween Lunch w/Danny Magic</b> <b>Wear your costumes!</b> 	31 9:15am Tai Chi 10am Wii Bowling 11amStrength & Fitness 12pm Movie <i>The Great Gatsby</i>	9am Yoga (N)

## Medicare Protection Basics

### Medicare Open Enrollment October 15 –December 7

#### REVIEW YOUR COVERAGE!

The annual open enrollment period for the drug plan for original/traditional Medicare (Medicare Part D) for 2014 coverage begins **October 15, 2013 and ends December 7, 2013**. During this time period you can easily make changes in coverage and without penalty.

Make an appointment to review your prescription drugs with a CHOICES counselor and your current Medicare - D insurance plan. There are changes to 2014 Medicare Part D including new insurance plans, dropped insurance plans, changed formularies and increased premiums. Prescription medications including precise name, dosage and frequency of use will be reviewed on the Medicare website and the Medicare D insurance plans that are the most suitable will be given to you in order of price effectiveness. Last year reviews helped save several people more than \$600 yearly in drug & premium costs. Some had not reviewed their plans for several years, others changed providers from the previous year because of formulary changes.

During this open enrollment period there will be availability for half hour appointments on Mondays and hopefully, one other day depending on class/event schedules at WSC. **YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER** at (203) 222 - 2608. If the times or dates are not convenient for you simply contact a CHOICES counselor at 1 (800) 994 - 9422.

If you are considering a change of Medicare provider especially to or from an Advantage program be sure your docs, labs for blood work and the hospital of your choice accept that Advantage plan. Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at anytime. Telephone providers to be sure they accept the insurance that you are considering before you enroll. A Medicare resource can drop out of any plan any time.

Please book appointments early in the open enrollment period – couples book two appointments. There may not be time available when booking later, which could mean scrambling for, help and answers. See you at the center!

#### Other Important Tips:

1. The new health insurance does not impact Medicare coverage in any way. There is no need for a senior with Medicare coverage to "re-register" for Medicare.
2. Scams abound right now. Be wary. No Medicare official will ever contact you by phone and ask for personal information and identification verification. **DO NOT FOR ANY REASON GIVE OUT** any bank, social security or Medicare card information either to someone over the phone or to someone at the door. Call the police immediately if requested to do so.

Meta Schroeter  
CHOICES Counselor

## Weston Public Library

Sept. 12	10:30AM	Book Group: Lolita by Nabokov
Sept. 18	7:30PM	Book Group: True Confections by Weber
Sept. 18	7:00PM	Movie Night: The Great Gatsby (PG-13)
Sept. 20	TBA	Judi Mark Cabaret
Sept. 21	10:00AM	Touch-A-Truck at the Weston Public Works garage
Sept. 27	7:00PM	Broadway: The American Musical Episode 2, PBS Documentary Screening
Oct. 10	10:30AM	Book Group: Bring Up the Bodies by Mantel
Oct. 16	7:30PM	Book Group: TBA
Oct. 16	7:00PM	Movie Night: The Wizard of Oz (G)
Oct. 19	TBA	Weston Public Library 50th Anniversary Celebration Performance, Charles Keating and Family

### September Lunch and Outing to:



Michael's Wilton (the new location) followed by lunch at

The Little Pub (on Danbury Road)

Depart Norfield at 10:30am, bring money for lunch.

Sign up required, reserve your spot with \$3.00 (for bus).

### October Lunch Outing to:



**Fife and Drum  
in Kent, CT**

We will take a drive through the beautiful fall foliage and enjoy shopping and lunch. Thursday, October 17th. Depart Norfield at 9:30am. Shop in the Town of Kent, and have lunch at Fife and Drum. Bring money for lunch and reserve your spot on the bus with \$3.00 at time of sign up.

### Weston Department of Social Services (203) 222-2663

Weston Social Services is now accepting fuel assistance applications for the Connecticut Energy Assistance Program. Must meet income and asset guidelines. Applications are taken now; the program starts November 1st.

Call Charlene Chiang Hillman for additional information.



**The Friends of the Weston Senior Activities Center**

**COMING THIS FALL TO THE WESTON PUBLIC LIBRARY !!  
The New Yorker Discussion Program**

The Friends of the Weston Senior Activities Center, the Friends of the Weston Library, and the Weston Education Foundation are offering an innovative discussion program to anyone of any age who enjoys reading and the exchange of ideas among friends and neighbors. An open, inquiring mind is recommended, plus a copy of The New Yorker magazine which is provided free to participants.

**These discussion groups will take place at the Weston Public Library from 11:45 to 1:45pm on a series of Tuesdays commencing September 10, 17, 24 and continuing on October 8, 15, and 22. Please feel free to bring a bag lunch.**

The New Yorker Discussion Program is designed as a roundtable, community discussion group where participants talk about news events, the arts, contemporary culture, politics, fiction, humor (and the cartoons, of course), based on articles from The New Yorker.



**The Alden Sherman Classic**

**Sunday, September 22, 2013  
(rain date September 29)**

**10am to 3pm**

**Weston High School Grounds**

**Come and see an amazing assortment of classic cars, race cars, motorcycles and trucks.  
There will be music, food, a fabulous silent auction, and a unique collection of cars.**

**This event is co-sponsored by the Friends of the Weston Senior Activities Center and all of the money raised will go towards programs and improvements to the Weston Senior Center.**

**Donations at the gate are greatly appreciated!**

**If you have any questions, please call us at (203) 222-2608. We are looking for volunteers!**

Weston Senior Activities  
P.O. Box 1007  
56 Norfield Road  
Weston, CT 06883  
203-222-2608  
[www.westonct.gov/](http://www.westonct.gov/)

Presort Standard  
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Permit No. 2  
WESTPORT, CT 06880

**Halloween Lunch**  
Wednesday, October 30th  
12pm at Norfield Church



**Wear your costumes!!!**

We will have a contest with prizes for the  
following categories:

**Most Original, Most Unrecognizable,  
and Best Overall**

Lunch will be presented by:  
The Weston Women's League and  
Entertainment by Danny Magic.

Cost is \$4.00 for lunch.

***Commission on Aging Meeting:***

**Commission Meetings**  
**September**  
**October**

**Board Members:**  
Helen de Keijzer, Chair  
Peggy Anderson  
Bruce Lorentzen  
Nina Daniel  
Laura Smits  
Donald Gumaer  
Margarita Garces-Shapiro